

INFLUENZA

November Influenza

YOU MUST DO THE SAME
IF YOU HAVE A COLD AND ARE COUGHING AND
SNEEZING. DO NOT ENTER THIS THEATRE
GO HOME AND GO TO BED UNTIL YOU ARE WELL.

Coughing, Sneezing or Spitting Will Not Be
Permitted In The Theatre. In case you
must cough or sneeze, do so in your own hand
kerchief, and if the Coughing or Sneezing
Persists, Leave The Theatre At Once.

This Theatre has agreed to cooperate with
the Department Of Health in disseminating
the truth about Influenza, and thus serve
a great educational purpose.

HELP US TO KEEP CHICAGO THE



Spanish Influenza
has endangered the prosecution
of the WAR in Europe.
There are 100 cases in the Navy Yard
30 deaths have already resulted
**SPITTING SPREADS SPANISH
INFLUENZA DONT SPIT**



Before September 14th
Between September 14 and September 21st
Between September 21 and September 28th
Between September 28 and October 5
After October 5

Stop The Flu

- Get vaccinated against both the seasonal and H1N1 Flu
- Cover your cough with a clean tissue or your sleeve
- Wash your hands OFTEN with warm water and soap, or use an alcohol-based sanitizer
- Stay home when you're sick

Signs And Symptoms Of The Flu

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache, chills and fatigue

Caring For Someone With The Flu

Most people with flu can be cared for at home. Here's how to take care of yourself or someone else.

- Drink lots of fluids - water, broth, juice, sports drinks, and electrolyte beverages for infants.
- Get plenty of rest.
- Use ibuprofen or acetaminophen for fever and pain if not allergic to these medications.
- Do not give aspirin to children.
- Sponge with luke-warm water—do not sponge with alcohol.
- Keep tissues and a trash bag within reach.
- Make sure you and all household members wash their hands frequently.
- Keep other family members and visitors away from the patient.
- Check with the patient's health care provider if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Stay home for at least 24 hours after fever is gone (without the use of a fever-reducing medicine), except for medical visits.
- A person with flu should wear a medical mask when around other people—this helps prevent spreading the virus.

Get Medical Care Right Away If The Sick Person...

- Has difficulty breathing or chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing, decreased urination, or in infants, a lack of tears when crying
- Is less responsive than normal or becomes confused, or has seizures

Photos: Washington County Public Health
and Clackamas County Emergency Management